



Tender Red Bell Pepper French Soufflés

By Dylan Sabuco

Prep Time 15 / **Cook Time** 18 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus squeezer (optional)
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Small bowls

- ☐ Medium bowl
- ☐ Large bowl
- ☐ Liquid measuring cup
- ☐ Rubber spatula

Ingredients

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- ☐ 2 eggs, separated ****(for EGG ALLERGY sub 1/4 C aquafaba, the liquid in canned chickpeas)****
- ☐ 1 tsp granulated sugar
- ☐ 3 T all-purpose flour, divided ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1 T cornstarch
- ☐ 2/3 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T unsalted butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)****
- ☐ 1/2 lemon (for 1/2 tsp lemon juice)
- ☐ 1 red bell pepper, diced ****(for NIGHTSHADE ALLERGY sub 1 T chives)****
- ☐ 1 T fresh chives, chopped (roughly 1/4 bunch)
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp ground white pepper

Food Allergen Substitutions

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Egg: For 2 eggs, substitute 1/4 C aquafaba, the liquid in a can of chickpeas.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Dairy: Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free butter, like Earth Balance brand.

Nightshade: For 1 red bell pepper, substitute 1 T chives.

Instructions

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intro

The soufflé (soo-FLAY) is a bouncy, beautiful creation made from a delicate combination of eggs and flour. For the perfect soufflé, it is important to whip and whisk as feverishly as possible. Otherwise, your concoction may fall flat. The reason is that the egg whites will give the soufflé its jiggy texture. The air bubbles you will add to the egg whites when whisking work almost like magic in this recipe. Trapped air bubbles will heat up and expand within the soufflé batter, causing the soufflé to erupt from the muffin pan! Have lots of fun whisking and making magic in your kitchen with these Tender Red Bell Pepper French Soufflés + Bubbling Crème Fraîche Drizzle!

dice + squeeze

Start by dicing **1 red bell pepper**, chopping **1 tablespoon chives**, and squeezing **1/2 lemon** into separate small bowls. Set each aside for later.

scrumptious science

Friction is the resistance met when one surface or object moves against another. Friction's effects vary based on surface materials and roughness. When chefs whisk and blend food, they are utilizing the power of friction to create new foods, flavors, or textures.

measure + whisk

Separate **2 eggs**. Place the whites in a medium bowl and the yolks in a large bowl. Then, measure **1/4 teaspoon white pepper**, **1/2 teaspoon salt**, **1 teaspoon sugar**, **2 tablespoons flour**, and **1 tablespoon cornstarch** and whisk into the egg yolks. Stir until all the lumps are gone.

drizzle + stir

Slowly drizzle **2/3 cup milk** into the egg yolks and dry ingredients while whisking. Whisk until all the milk is mixed in.

whisk + fold

Whisk the **2 egg whites** until they are fluffy. This will take a few minutes to accomplish. Fold the **egg whites**, **1/2 teaspoon lemon juice**, **2 teaspoons chopped chives**, and **diced bell pepper** into the **egg yolk** mixture. Be sure to take your time folding the ingredients in as slowly as possible. This will ensure that the soufflé is extra fluffy.

edible education

Eggs are a nutritional powerhouse, packed with protein, vitamins, and minerals, all while being relatively low in calories. They are a versatile ingredient, used in countless dishes and culinary applications. Eggs are an excellent source of high-quality protein, essential for building and repairing tissues. Eggs contain various vitamins (A, D, B12, etc.) and minerals like choline, which are vital for numerous bodily functions. While eggs do contain cholesterol, research suggests that the cholesterol in eggs doesn't significantly impact blood cholesterol levels for most healthy individuals. Eggs are good for the brain due to nutrients like choline, which plays a role in brain development and function.

preheat + bake

Preheat your oven to 350 F. Grease your muffin pan with **1 tablespoon unsalted butter** and sprinkle **1 tablespoon flour** among the wells of the muffin pan. Then, add enough of the soufflé batter to fill each well halfway (roughly 2 tablespoons). Place the muffin pan into the oven and bake for 15 to 18 minutes or until golden brown and risen.

remove + cool + serve

Carefully, using a rubber spatula, remove the jiggly soufflés from the oven. Cool for a few minutes before serving. Sprinkle with the remaining **2 teaspoons of chopped chives**. Drizzle these tasty creations with **Bubbling Crème Fraîche Drizzle!** Bon appetit!

Featured Ingredient: Egg Whites!

Hi! I'm an Egg White!

"When you crack an egg into a bowl or pan, I'm the clear, thick, liquid part of the egg which surrounds the round, yellow yolk! We're great when cooked together as a fried egg or when we're scrambled together. But we sometimes get separated from each other for a recipe because we can accomplish certain things better when we're apart than when we're together."

Another name for an egg white is "albumen." The word is also used to refer to the protein in egg whites. It is from the late 16th-century Latin, "albus" or "white."

The egg white protects the egg yolk and provides extra nutrition to an embryo (unhatched chick) if the egg is fertilized. An egg white has about 56 percent of an egg's protein.

An egg white is 90 percent water and contains almost no fat or cholesterol, compared to an egg yolk, which is high in fat and cholesterol. The white takes up about two-thirds of a whole egg.

In baking, egg whites are used in meringue, mousse, angel food cake, French macarons, and coconut macaroons. You can also use whipped egg whites to leaven (raise) a cake.

Beating egg whites creates foam, eventually forming into three stages of peaks: soft, firm, and stiff. It is essential to prevent fats, including egg yolk, from getting into the egg whites, or they will not foam and create the desired peaks. If egg whites are beaten too long, they will collapse.

Dried egg whites are sometimes included in protein powders as their primary source of protein.

Egg whites can also act as a "fining" agent at the end of processing wines, beers, and nonalcoholic fruit juice drinks to clarify them and adjust their flavor by removing unwanted organic compounds.

From 1855 to the start of the 20th century, the albumen in egg whites were used in photography, binding photographic chemicals to paper to produce a printed photo from a negative.

Some people have an allergy or food intolerance to eggs, especially egg whites. It is one of the most common allergies in babies but is often outgrown during childhood.